

TOBACCO CESSATION CLASSES OFFERED BY
HARFORD COUNTY HEALTH DEPARTMENT
January -- February 2011

TUESDAY EVENINGS

****Cancer LifeNet Center and Harford County Health Dept. ****
TEAMING UP FOR A TOBACCO CESSATION CLASS.
TO REGISTER FOR THIS CLASS ONLY,
CALL EITHER 410 612-1781 OR 443 643-3350

BEL AIR

Class sessions: Jan. 11, 18, 25, Feb. 1, 8,
15, 22, and Mar. 1
6:00 – 7:00 p.m.

Cancer LifeNet Center
Upper Chesapeake Medical Center
Physicians Pavillion II, Suite 513
5th floor over parking garage
Bel Air, MD. 21014

OTHER HARFORD COUNTY HEALTH DEPARTMENT CLASSES:
--Call 410-612-1781 TO REGISTER--

THURSDAY MORNINGS

ABERDEEN

Community Services Bldg.
Room 306

34 N. Philadelphia Blvd.
Aberdeen, MD. 21001

Pre-Quit Class: Jan. 20, 2011
10:00 – 11:30 a.m.

Quit Class (5 sessions)
Jan. 27, Feb. 3, 10, 17, and 24, 2011
10:00 a.m. – 11:30 a.m.

TUESDAY EVENINGS

EDGEWOOD

Harford County Health Dept.
Conference Room
1321 Woodbridge Station Way
Edgewood, MD. 21014

Pre-Quit Class: February 22
6:00 p.m. -- 7:30 p.m.
Quit Class (5 sessions)
March 1, 8, 15, 22, and 29
6:00 p.m. – 7:30 p.m.

The Harford County Health Department offers these tobacco cessation classes at no cost to all tobacco users who want to quit. We request pre-registration for all classes. Nicotine patches, lozenges or gum may be available at no cost to those who qualify.

For further information or to register, please call (410) 612-1781 weekdays between the hours of 8 a.m. and 4:30 p.m.